



HEART HEALTH FOR WOMEN VETERANS

Cardiovascular disease is the number one health threat for women, including women veterans. The U.S. Department of Veterans Affairs and Go Red for Women are committed to raising awareness and providing tools to help reduce your risk and improve your overall health.



MAINTAIN WHOLE-HEALTH STRATEGIES AFTER SERVICE

Keep up with the lessons you learned in the military:



BE A MOVER AND A SHAKER



EAT WELL



KEEP YOUR BLOOD PRESSURE IN CHECK



AVOID TOBACCO USE



LEARN THE MIND-BODY CONNECTION



150 minutes of moderate OR 75 minutes of vigorous physical activity is recommended per week



BE A MOVER AND A SHAKER

Don't let your fitness slip once you leave the service! Stay physically active to reduce your risk of heart disease, stroke and dementia and improve cardiovascular risk factors such as high blood pressure, diabetes and obesity.

Tools you can use:

- [MOVE! Weight Management Program](#)
- [GeroFit Exercise Program for Older Veterans](#)
- [How Much Physical Activity Do You Need?](#)



EAT WELL

Food fuels performance and the right "fuel" can help you perform at your best, even after you leave the service. Maintaining a healthy, balanced and sustainable diet can help build wellness and manage heart health.

Tools you can use:

- [Nutrition and Food Services](#)
- [Healthy Eating](#)

You've taken care of your country. Now it's time to take care of yourself.



KEEP YOUR BLOOD PRESSURE IN CHECK

High blood pressure is a major risk factor for heart disease and stroke, and nearly half of all adults with high blood pressure are women. Keep your blood pressure within healthy ranges to reduce the strain on your heart, arteries and kidneys—and stay healthier longer.

Tools you can use:

- [How to Measure Blood Pressure at Home](#)
- [Adopt an Overall Health Dietary Pattern](#)
- [Get the Recommended Regular Physical Activity](#)
- [Maintain a Healthy Weight](#)



AVOID TOBACCO USE

Women who smoke have a 25 percent higher risk of developing heart disease compared to men who smoke. Quitting is one of the best things you can do for your health. It's not easy, and many people make multiple attempts before quitting for good, but there are resources available to help.

Tools you can use:

- [Quit VET Telephone Line](#)
- [SmokefreeVET Text Messaging Program](#)
- [Other Resources to Kick the Tobacco Habit](#)
- [Smoking and Heart Disease in Women](#)



LEARN THE MIND-BODY CONNECTION

Conditions such as depression and post-traumatic stress disorder (PTSD) may increase your risk of heart disease and stroke. That makes it especially important to focus on your overall health and physical fitness.

Tools you can use:

- [Manage Day-to-Day Stress](#)
- [Work Out to Relieve Stress](#)
- [Where Appropriate, Seek VA Help for Alcohol or Other Substance Use Problems](#)
- [Visit the Agency's National Center for PTSD](#)
- [Read About Military Sexual Trauma](#)
- [Connect with Other VA Mental Health Resources](#)

WHAT ELSE CAN YOU DO?

Learn cardiovascular danger signs. Act quickly if you spot the [symptoms](#) of heart attack, stroke or cardiac arrest.

For more information on women's health, visit

[**GoRedforWomen.org**](https://www.goredforwomen.org)

To learn more about VA benefits, contact the [Women Veterans Call Center](#) at

855-VA-WOMEN

(855-829-6636)

VA



U.S. Department
of Veterans Affairs

American Heart Association.



VA and the American Heart Association's Go Red for Women movement are proud to raise awareness about heart disease and stroke among America's women veterans and encourage them to make changes to live healthier lives.